OVER IT
BIEL AND TOTAL RECALL CO-STAR GET CLOSE {page 7}

WINNIPEG metro®

Tuesday, June 14, 2011
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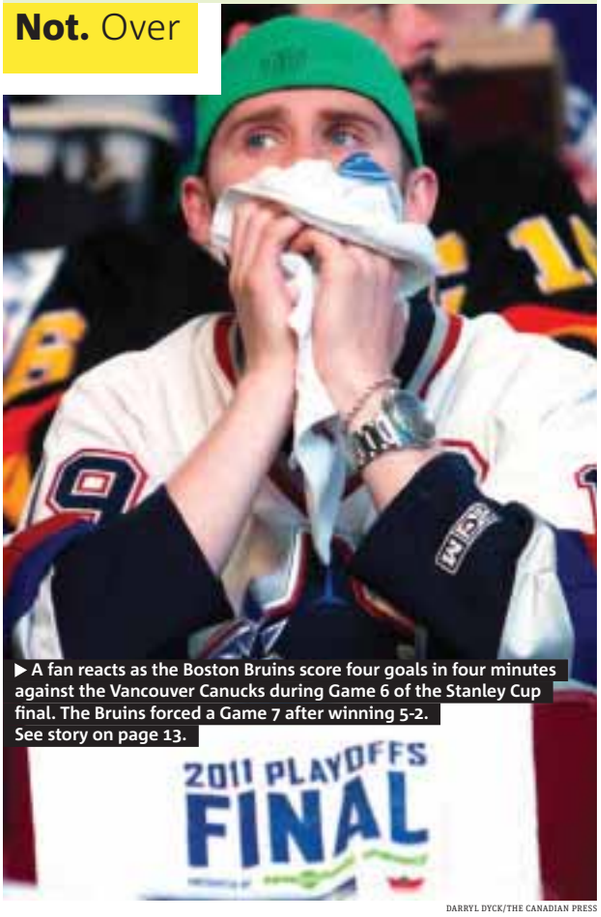
Not. Over



▶ A fan reacts as the Boston Bruins score four goals in four minutes against the Vancouver Canucks during Game 6 of the Stanley Cup final. The Bruins forced a Game 7 after winning 5-2. See story on page 13.

DARRYL DYCK/THE CANADIAN PRESS

Blitz dashes 'Nucks hopes

Rapid transit line being built for comfort and speed

20 per cent ridership increase expected but no fare hike, officials say Bike and walking paths along route to get upgrade

A new rapid transit line will save bus riders time and traffic headaches and won't cost them an extra cent in fares, transit officials said yesterday.

While the grand opening of the $138-million Southwest Rapid Transit Corridor isn't slated until next year, local media were offered a tour highlighting the progress of construction since it began in 2009.

In terms of time-savings, people travelling from downtown to the University of Manitoba or Fort Richmond can expect to save about 10 minutes off a trip that currently takes 45, said Bill Menzies, Winnipeg Transit's manager of service development.

"It will also be much more reliable because the bus is out of traffic. Right now on the street routes going out to that part of town they get tied up in traffic," he said.

"Speed and reliability will be a huge improvement for passengers."

Not to mention the comfort factor.

Modern, air-conditioned buses will operate on rapid-transit routes, and will each be equipped with elaborate GPS technology and security cameras as a passenger safeguard, transit officials said.

The agency is also building station houses at several points along the line that feature heated waiting areas, electronic signs to update wait times and pedestrian accessibility.

The southwest corridor is stage one of a plan approved by city council in fall 2008. Menzies said stage two — an extension of rapid transit to the University of Manitoba — still requires council approval.

"Often, going through Osborne Village, for example, you can lose up to 20 minutes and it's just because of traffic congestion — getting through Confusion Corner."
BILL MENZIES, WINNIPEG TRANSIT

Menzies said there will be no difference in fares between the city's rapid and regular transit line. ● JAMES TURNER

For more on this story, visit our online gallery at metronews.ca/winnipeg

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1 news

A doctor's personal struggle shows how aggressively arthritis can strike young patients. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

St. Boniface Hospital is getting a new CT scanner, thanks in part to a $1-million donation from a local couple. See metronews.ca/winnipeg for the full story

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Derksen killer appeals

The man convicted in one of the most haunting homicide cases in the city's history has launched a sweeping appeal in hopes of gaining a new trial.

Through his lawyers, Mark Edward Grant alleges the Court of Queen's Bench justice who oversaw his murder case made 18 specific errors that he believes should result in a rehearing.

Grant, 47, is appealing his second-degree murder conviction and the sentence of life in prison without parole for 25 years handed to him May 26 in connection to the 1984 death of Candace Derksen.

Derksen, 13, disappeared after school on Nov. 30, 1984. She was found hog-tied and frozen to death in a shed near the Nairn Overpass weeks later. The shed was not far from her home.

The case went unsolved until 2007, when Winnipeg cold-case investigators came forward and charged Grant with first-degree murder, saying they found DNA evidence to link Grant to the crime scene.

Grant's grounds for appeal range from saying Justice Glenn Joyal erred by allowing jurors to hear a statement he gave to missing persons investigators at the Remand Centre not long after Derksen disappeared to issues relating to the testimony given by the Crown's expert DNA witness.

The Crown has not filed a rebuttal, and a date to hear the appeal has not been set. JAMES TURNER

JAMES TURNER/METRO

▶ A Winnipeg police officer surveys the scene of a fatal vehicle-pedestrian collision at Higgins Avenue and Main Street just after noon yesterday.

Pedestrian killed after being struck by truck

Police said little about the circumstances of the crash but added traffic investigators were probing what happened

JAMES TURNER
@METRONEWS.CA

An elderly pedestrian was struck and killed by a large truck as he tried to cross a downtown street with the light, a witness to the fatal crash said.

Lance Gower, 27, was in his company van at Main Street and Higgins Avenue at about 12:20 p.m. yesterday when he saw a semi-trailer run over a man after turning east onto Higgins Avenue, Gower said.

The man was crossing Main Street, heading south at the controlled intersection, when he appeared to fall as he passed the middle of the road, said Gower.

"It looked like he either tripped or stumbled, and then he fell underneath the back wheels of the semi," he said. He was dragged about a metre and a half before the truck came to a stop.

Police officers were nearby and quickly closed off the crash scene as onlookers gathered.

"They kind of just took care of everything," Gower said.

The intersection remained closed until shortly after 4 p.m.

Gower described the dead man as an "older gentleman" who used a cane, and it appeared he had the right-of-way.

"The truck driver wasn't paying attention to what he was doing, that was plain and simple," Gower alleged.

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GEOFF HOWE/THE CANADIAN PRESS

▶ Canucks fans in Vancouver prior to Game 5.

CANUCKS FANS ON EDGE

JEFF HODSON
@METRONEWS.CA

HOME ICE ADVANTAGE

A fog of nervous energy seemed to sit over Vancouver yesterday several hours ahead of puck drop.

People were hopeful to see their team win its first Stanley Cup, but anxious, especially given the 8-1 and 4-0 trouncings the team suffered when they were run out of Boston in Games 3 and 4.

Downpours throughout the morning did little to dampen spirits and as game time approached, people in Canucks sweaters began sprouting up on sidewalks, and at noon lineups had begun forming outside pubs.

Vancouver Mayor Gregor Robertson said the city was anticipating crowds similar in size to the 100,000 who celebrated downtown after Game 5.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

Bid to save wheat board

- Manitoba launches campaign to stop shutdown of 'farmer-run' board
- Province would consider legal action if necessary: Premier

ELISHA DACEY
WINNIPEG@METRONEWS.CA

The province of Manitoba launched a media campaign yesterday in a bid to save the Canadian Wheat Board, saying farmers should be the ones to decide how it's run.

The campaign, which includes radio and television spots, is in response to Federal Agriculture Minister Gerry Ritz's announcement immediately after the federal election that his government will dismantle the CWB next year.

"The Harper government believes that the last federal election gave it the mandate to dismantle a farmer-run organization. That logic, frankly, escapes me," said CWB chair Allen Oberg.

Premier Greg Selinger said three out of four farmers want the right to vote on whether or not the CWB should be dismantled. Currently, all wheat and barley producers must market their grain through CWB.

Selinger said the demise of the wheat board will mean more than the loss of 400 direct and 2,000 indirect jobs in Winnipeg. It will also have serious effects on the town of Churchill, the only inland shipping port on the Prairies.

Selinger acknowledged the campaign is an unusual step, and said he has not talked to Minister Ritz or to the other Prairie provinces. He said the province will consider legal action if it fails to see a vote.

ELISHA DACEY/METRO

▶ CWB chair Allen Oberg talks to media while Premier Greg Selinger, left, looks on.

Ritz called the actions of the Manitoba government disappointing.

"It's disappointing but not surprising that the Manitoba government would be against an open and competitive market that would attract investment, encourage innovation and create value-added jobs," Ritz said in a statement.

Look inside today's metro for the icons below and enter for your chance to WIN.

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A loss of Facebook?

Report suggests website losing ground in Canada
Developing countries picking up the slack

The head of Facebook Canada says there's still plenty of room for the social networking giant to grow north of the border, but some new numbers suggest that may not be the case.

A report from trend-tracker Inside Facebook says the number of Canadians using the site has dropped by about 1.52 million to 16.6 million.

Canada's numbers reflect a global trend suggesting that Facebook use in a country seems to plateau when 50 per cent of the population is signed up. Some 49.27 per cent of Canadians use Facebook, says another trend tracker, Socialbakers.

But Jordan Banks, managing director at Facebook Canada, says he doesn't believe Facebook use in Canada is slowing.

"I don't think we're plateauing at all," he said in an interview this year. "When you take a look at ... how many times they come in a given month to how much time they spend, pages viewed — it continues to grow at a very rapid rate," he said.

THE CANADIAN PRESS

Global village

- **The number of people** joining Facebook in non-Western nations, notably Brazil, Mexico, Thailand and India, is on the rise, Inside Facebook Gold says.
- **The number of users** worldwide is just 13 million shy of hitting 700 million. Europe has the most number of users, at 205 million, according to Facebook's Ads Platform.

METRO WORLD NEWS

VINCENZO CONSENZA/FOR METRO

▶ The new edition of the World Map of Social Networks, created twice a year by Italian digital-management expert Vincenzo Consenza, shows that Facebook is the most popular social network in 119 countries among 134 nations analyzed. The map, released yesterday, is based on traffic data from Alexa & Google Trends for Websites.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
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Maple bids for TSX

Maple Group, the Canadian consortium looking to buy TMX Group Inc., has launched its $3.7-billion hostile bid, pitching it as a stronger platform for growth compared to a friendly merger with the London Stock Exchange Group.

Calling the Toronto exchange a global leader, Luc Bertrand, Maple Group spokesman and vice-chairman of National Bank Financial, said, "Our vision at Maple is to build on (its) strengths rather than shore up the LSE's weaknesses."

For the Maple deal to go forward, TMX shareholders must vote down the proposed merger with the London exchange at a meeting on June 30.

THE CANADIAN PRESS

Pensions, wages block Air Canada deal

A "huge gap" remained in two key issues in last-minute negotiations between Air Canada and its union representing 3,800 customer-service and sales staff, the head of the Canadian Auto Workers said yesterday in the runup to a strike deadline of 12:01 this morning

The two sides reached agreement on some issues but the major stumbling blocks of wages and pensions were outstanding as talks continued at a Toronto hotel.

"We did a lot of work but it just seems to me that we should be moving a little bit quicker than we are right now," CAW President Ken Lewenza said yesterday.

He said the union's proposal, submitted Sunday, aims to provide members with pension security and wage increases after a decade of uncertainty, but acknowledged there was "a huge gap" between the sides on the two key issues.

"At the end of the day our members have had 10 years of significant sacrifices. Now it's time to make some progress, and wages are a big key to getting an agreement."

Air Canada declined to discuss the negotiations, but said it was working toward reaching a settlement that "respects our employees and ensures Air Canada's long-term sustainability without a labour disruption."

THE CANADIAN PRESS

Strike is 'digging to the bone': Canada Post

Urban Canadians aren't getting letters today, but the union representing striking postal workers wants you to know that wasn't its decision.

Canada Post is limiting letter delivery in cities to Monday, Wednesday and Friday because the postal service has lost $65 million since the strike began, officials said yesterday.

"They are digging to the bone. They are pushing major customers to go to the competition," Canada Post spokesman Jon Hamilton said.

But the Canadian Union of Postal Workers countered that the limited delivery will disrupt mail service to more people in one day than the union's rotating strikes have in total so far.

Calling the move a "partial lockout," CUPW president Denis Lemelin accused Canada Post of trying to force Ottawa to legislate the postal workers back to work.

But as of yesterday, the government appeared to have ruled out back-to-work legislation for now.

Expressing concern about the impact of the dispute on the economy, the parliamentary secretary to federal Labour Minister Lisa Raitt said the government is still hoping for a negotiated settlement.

JESSICA SMITH/WITH FILES FROM THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

"Canada Post is trying to do everything it can to provoke the union into a national walkout in the hope that the government will intervene."
DENIS LEMELIN, CUPW PRESIDENT

Who's next?

- **Postal union leaders have** targeted Canada's two largest urban centres as their next strike targets.
- **About 15,000 workers** will stage a 24-hour walkout at midnight in Toronto and Montreal.

THE TRUTH ABOUT LIFE IN A CUBICLE

SHE SAYS ...

JESSICA NAPIER
METRO

I used to think Office Space was a hilarious comedy about disgruntled co-workers at a fictional software company. After working at a desk job for a little more than a year now, I have come to realize that the film is actually an extremely factual documentary.

While watching workplace-centric sitcoms and movies prepared me for the murderous feelings I would develop toward the photocopier, there are some realities of office life that you just can't anticipate until you start working in the trenches — or, in this case, the cubicle. Here are 10 things I've learned so far:

1. While the average workday lasts eight hours, you will only need to put in approximately three hours of real work. The rest of your day will be spent making to-do lists and looking at celebrity blogs.

2. You will be expected to eat a lot of cake. In order to avoid offending your co-workers, you will have to fake it with a slice of bad store-bought vanilla cake about once a month.

"The time it takes to complete an assignment has nothing to do with your own productivity but is entirely reliant on the number of bosses you have and how likely they are to disagree with one another."

3. If your name is Jessica, someone will call you "Jennifer" at least once a week.

4. The coffee brewed by the communal machine in your office kitchen is the worst cup of coffee you will ever taste. However, after refusing to drink it for a month or two you will eventually give in because … well, it's free.

5. When you buy yourself flowers, everyone will assume you have a secret admirer. If you like to be entertained by gullible co-workers, you will run with it and invent a fictional lover named Carlos who just loves to spoil you.

6. At some point, your boss will want you to befriend him or her on Facebook. You will spend two hours untagging photos of yourself posing as a drunken (insert wildly inappropriate theme-party costume here) before you begrudgingly confirm the friend request.

7. The time it takes to complete an assignment has nothing to do with your own productivity but is entirely reliant on the number of bosses you have and how likely they are to disagree with one another.

8. Even if your co-workers earn more money than you, they will still steal your food.

9. The IT manager is your best friend. Especially if you have a habit of spilling water on your keyboard or downloading viruses.

10. When you write lengthy emails with flowery language that would have made your grad school professor weep with pride, no one will care. After one month, all of your emails will contain only two words: "See attached."

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metrolifepanel.ca and take the quick poll

Have you been inconvenienced by the rotating postal strike?

Local tweets

- **@wazoo wazny:** A little rainy out, so Bombers holding walk-throughs under the stands. Cal Murphy is shedding a tear somewhere.
- **@Ulrich30:** I like women that swear when it's appropriate
- **@Evil_Dumbledore:** I heard Darren Criss is going to take me to Winnipeg, that's in CANADA!
- **@BrysonCGY:** Yo #Winnipeg I'm really happy for you, and I'ma let you finish, but Calgary has one of the best Atlanta relocated NHL franchises of all time
- **@goalie_man95:** Selanne should come back and play one more season ... With Winnipeg.
- **@BabyAustin1:** Looking forward to my Winnipeg Jets private box. Special thank you to Mom for leaving her credit card next to the crib.
- **@MsBehavior:** So, ok. We should call our #NHL team the #Winnipeg Manipogos. Yes?
- **@AS_Cunningham:** When I say that I come from the "Mean streets of Winnipeg," all I mean is that my street was pretty much dead-on average ... the "mean" street

Worth mentioning

LONDON. A 40-year-old American man living in Scotland said yesterday he is sorry for posing as a Syrian lesbian blogger who offered vivid accounts of life amid revolt and repression in Damascus, a hoax that has exposed the difficulty of sifting truth from fiction online.

Tom MacMaster said he created the fictional persona of Amina Arraf and the Gay Girl in Damascus blog to draw attention to conditions in a Middle East convulsed by change.

"I never meant to hurt anyone," the Edinburgh University grad student wrote in an apology on the blog. The university said it had suspended MacMaster's computer privileges while it investigated whether he had breached its rules.

Gay-rights activists and bloggers say MacMaster has endangered real people who are trying to tell their stories in authoritarian societies.

"He completely stole the limelight of real LGBT bloggers and activists in the Middle East and diverted it in a negative way," said Dan Littauer of the website Gay Middle East.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Miami suffers premature celebration

The Dallas Mavericks' win over the Heat is a huge upset for basketball fans in Miami. Making matters worse, an ad in a local paper mistakenly congratulated the Heat on winning.

A full-page ad that ran in yesterday's Miami Herald reads "Congratulations Miami" next to photos of Heat championship T-shirts and hats from Macy's. One T-shirt reads "Heat 2011 NBA Finals Champions" and the ad shows the Heat's logo on a hat with the words "NBA Champions."

The ad ran under a story about the Heat's loss.

The newspaper issued a correction and apologized for any inconvenience.

A Macy's spokeswoman called it an unfortunate error and apologized to Heat fans.

The Mavericks beat the Heat 105-95 Sunday in Game 6 of the NBA finals in Miami.

THE ASSOCIATED PRESS

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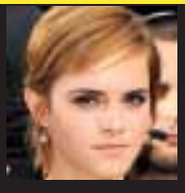
2 scene

Scene in brief



Emma Watson is preparing for the next chapter of her life. The Harry Potter actress acknowledges in the July issue of Vogue that she needs to find her way out of the bubble, which she describes in part as the safe world of life on the set of the successful film franchise.
THE ASSOCIATED PRESS

Hollywood's new top lobbyist avoids tough issues in speech, praises Chinese industry

CONTRIBUTED

▶ Jim Carrey is all in a flap in Mr. Potter's Penguins.

Face time with Jim Carrey

On a frigid set with real penguins, the Canadian comic returns to his famous facial mugging It's still all just play for Carrey

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

After years of making a fortune off of his elastic face, Jim Carrey is still finding new ways to manipulate it — though not all of them are intentional.

"My face kind of operates on its own nowadays. It just kind of does what it wants to do. Sometimes it's appropriate and sometimes it's not," he says.

"Sometimes in the editing room, we'll go, 'That's not human. We want to take that out.'"

After a few live-action roles that required less facial manipulation, Carrey returns to the type of mugging that made him famous in his latest, Mr. Popper's Penguins, which pits his neat-freak corporate real estate broker against six new waddling house guests — played by a mix of animatronics, CGI stand-ins and real, live penguins. It was a working environment more than a little challenging.

"The set was so cold that I was fighting pneumonia the entire time," he says. "Then there was going outside when it was 75 or 80 degrees in five layers of clothing and a parka."

Acting challenges aside, Carrey cops to an affinity for his flightless co-stars. "I think that's why we love penguins, because they don't belong anywhere," he says. "They're wobbly and vulnerable, and they're not really fish and they're not really birds, and that's how I feel. Probably a lot of people do."

A return to more physical comedy also meant a return to childhood for the 49-year-old actor.

"I find I'm still doing things and little tricks and fun things that I created when I was 10 years old," he says.

Intense

Jim Carrey has become an intense user, with more than 3 million followers on Twitter. Here are some recent postings.

- @JimCarrey Yesterday i tried to take a pic of the paparazzi that i have inherited here in NY but i left the lens cap on. Guess that's why they're them and i'm me.
- @JimCarrey Queen Victoria's bday. Another great excuse to get drunk and blow sh#t up!

Biel is ‘completely over’ Timberlake

Sources say Jessica Biel is getting close with co-star Colin Farrell

Jessica Biel’s dating life has been the subject of much speculation since she split from Justin Timberlake, and now she’s rumoured to be getting close to her Total Recall co-star, Colin Farrell, according to Hollyscoop.

“Jessica loves Colin’s accent and personality,” a source says.

“She’s completely over Justin, she’s having fun being single and thinks Colin is a blast.

They’ve been hanging out between takes and Colin’s suggested they go out after work.”

METRO

GETTY IMAGES

▶ Jessica Biel is starring alongside Colin Farrell in Total Recall.

Celebrity tweets

@SarahKSilverman

Horse racing: where tiny men are STARS!

@rustyrockets

Truly tolerant people wouldn’t mention my misplaced hashtag apostrophe. That’s how Nazi Germany started.

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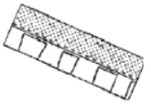

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Study: Weight-loss surgery fails to extend life in very obese older men during first 7 years

ISTOCK PHOTO

▶ Laughter therapy has long been known to help patients with chronic pain.

The best medicine?

Project Commando gets the blood pumping with a big dose of its laughter therapy program The non-profit group helps support those with chronic disease, in severe pain

CELIA MILNE
LIFE@METRONEWS.CA

They're not sick jokes, but rather jokes for the sick.

A new, non-profit company called Patient Commando is making sure that stories about health struggles — both sad and funny — get told and listened to. Laughter therapy has long been known as a powerful tool to release tension and get the blood pumping more efficiently.

In Patient Commando's promotional video, a comedic actor spoofs everyone's worst hospital nightmare.

Donning his hat, socks and shoes, he tries to make a dignified exit, but his hospital gown isn't done up and his bare bum jiggles hilariously for all to see.

Comic relief — through laugh therapy and live theatre shows — is one of the ways that Patient Commando helps support people who have chronic disease, terminal disease or are suffering from bereavement.

"I'm interested in the expression of the story. Listen to the patient voice."
TORONTO FOUNDER OF PATIENT COMMANDO ZAL PRESS

The company also encourages people to tell their stories.

"I'm interested in the expression of the story," says Toronto founder of Patient Commando Zal Press. "Listen to the patient voice."

Press himself has struggled with the painful symptoms of Crohn's disease, an inflammation of the intestines, for 30 years.

"It feels like a cat trapped inside my gut trying to claw its way out," he tells Metro.

Press gave up his job selling home decor to start Patient Commando.

The company will be conducting public "laugh therapy" workshops at the Centre for Social Innovation in Toronto from June 15 to July 30.

For more information, go to patientcommando.com.

Good laughs

It seems obvious that laughing is good for us, but is there actual evidence? Spanish researchers assessed all the literature they could find about laughter therapy. A good chuckle has health benefits that are:

- Physical
- Psychological
- Social
- Spiritual
- Quality-of-life related

Hip, hopeful and happy

- Picture Carrie Bradshaw with her Stella McCartney Yoga mat and Chai Tea Lattes rather than cosmopolitans
- Life coach Gabrielle Bernstein, author of Add More-ing To Your Life, tells us how to be happy no matter what

ROMINA McGUINNESS
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METRO WORLD NEWS

▶ She's like Gandhi, except hot.

Set your alarm to happy time

Remember to reconnect with the desire to be happy and tune into a positive perspective as soon as you wake up. Set an alarm on your phone saying, 'Today happiness is my primary function' and have it on snooze at morning, midday and in the evening.

Practice the 'F' word

Forgiveness is the key to personal development and the tool that will guide you to go past resentment and not stay hung up on negative thoughts. It may sound tough, but the first step is to identify the people you resent and you need to forgive and let go of the negative situation. This resentment is lowering your energy so moving on will give you the impetus to move forward.

Meditate

Meditation isn't about big Buddhas, spirituality and fluffy pillows — it doesn't have to be done one 'way'. It can be as simple as sitting and listening to a song that makes you feel good as you focus on your deep breath.

Walking can also be a powerful tool for meditation: breathe in on one step and out on the other. The idea is to tune into that peace so that we can reconnect with the loving presence in us and make decisions based on loving choices.

Be grateful

Make a list of the things in life you are grateful for, focusing on the good stuff like your family, paycheck and sunny weather.

Focusing on what we have, not what we don't have, unleashes the presence of our inner guidance, our 'ing'.

Focus on appreciation and gratitude and you will attract an abundance of high-level experiences such as a wave of energy and creative ideas.

Jump!

Jumping on a trampoline is invigorating, brings you balance and makes you feel like a child again. Moving is a big part of happiness and ultimately finding a physical activity that ignites inner spark, whether that's dancing or running, is vital.

Limit your daily intake of negative news

Between the Japanese Earthquake and Osama bin Laden's death and consequent terrorist threats, it seems like we've already hit our bad news threshold for 2011. Pick and choose the news you read. Instead of going to world news or main headlines, read the Life and Style or Sports section. Read your news at lunchtime, as you are less vulnerable to the impact of bad news on your mood at that time of the day.

WWGD?

If you're being wrongfully attacked by someone and are feeling defencelessness, ask yourself this, 'What would Gandhi do?' Expressing anger toward them will not make you feel any better so when in that moment try and remind yourself that fighting back isn't going to help. Focus on looking for and finding peace in a non-peaceful situation.

30 days of no gossip

When we gossip about other people we lower our energy field. Hang out with positive people that make you feel good and share you energetic space.

If your energy levels are low, you will attract low-leveled people.

DSALAS

Yoga pose.
Cow Pose/Bitilasana

What you do

1. Stand on your hands and knees in a table top position making sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor.
2. As you inhale, lift your sitting bones and chest towards the ceiling, allowing your belly to sink towards the floor. Lift your head to look straight forward. Beginners can protect their neck by broadening across the shoulder blades and drawing the shoulders down away from the ears.
3. Exhale, coming back to neutral tabletop position on your hands and knees. Repeat 10 to 20 times.

Benefits

Stretches the front torso, neck, abdominal organs and spine.
Provides a gentle yet firm massage to the spine, kidneys and abdominal organs
Aids digestion and elimination.
Opens up the hips, eases neck and shoulder stress and tension.
Improves posture

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ You can reduce the prosciutto, ketchup and Parmesan in the recipe to reduce the sodium.

Is it possible for the Sloppy Joe to be even sloppier? Yup

These Sloppy Joes start with the intensely flavoured base of tomatoes, beef and pig products. Then they get spooned onto toasted deli rolls and topped with provolone cheese and tossed under the broiler for a minute or so. The result is a beefy sandwich that will leave everyone at the table satisfied.

Preparation:

1. In saucepan over medium-high, combine olive oil, garlic, onion, paprika, basil and oregano. Sauté until onion is tender and seasonings fragrant, about 5 minutes.
2. Add ground beef and prosciutto. Sauté until beef is cooked through and prosciutto begins to brown, about 8 minutes. Add tomato sauce, ketchup and vinegar and bring to a simmer. Stir in Parmesan, season with salt and pepper.
3. Set oven to broil. Arrange bottom halves of rolls on a baking sheet, then spoon some of the sloppy Joe mixture onto each. Top each with a slice of provolone, then broil just until cheese starts to melt. Top with the other halves of the rolls.

THE ASSOCIATED PRESS

Ingredients:

- 30 ml (2 tbsp) olive oil
- 4 cloves garlic, minced
- 1 medium yellow onion, diced
- 2 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) dried oregano
- 625 g (1 1/4 lb) lean ground beef
- 250 g (1/2 lb) prosciutto, finely chopped
- 1 can (398 ml/14 oz) tomato sauce
- 125 ml (1/2 cup) ketchup
- 30 ml (2 tbsp) balsamic vinegar
- 125 ml (1/2 cup) grated Parmesan cheese
- Salt and ground black pepper, to taste
- 6 bulkie or kaiser rolls, toasted
- 6 slices provolone cheese

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Fresh Café's menu is not only fresh but healthy, too

This eatery puts the spotlight on organic and local food that's good for you

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

If you're looking for a relatively guilt-free lunch that focuses on organic, healthy and local then do your body some good at Fresh Café.

Owned by three sisters, Fresh Café has extended summer hours and one of the most spacious patios on Corydon strip.

Fresh serves up a full day breakfast menu and a fantastic lunch menu at 11 a.m. The service is always friendly and the food always fresh.

Fresh Café's turkey burger ($13.50) is moist and juicy, not easy with such a lean meat. With aged cheddar, spinach, sprouts and sweet Saskatoon relish, it's a perfect lunch. A fresh salad of mixed greens, beets, radishes and apples complete the plate.

Something from its fresh juice and smoothie menu is a great on-the-go alternative. I add a Royal Zing ($4.75/12 oz), a bright combo of beet, carrot, apple, ginger and lemon.

Chances are you'll feel good after a visit to Fresh Café.

Fresh Café
775 Corydon Ave.
221-5775
freshcafe.ca
Social lunch: Yes
Client negotiations: No
Licensed: Yes
Price range: $5.25 - $17.50
Rating: 4.5 out of 5

PAY CHEN

▶ Turkey burger ($13.50).

THE CANADIAN PRESS HO/ FOODLAND ONTARIO

Strawberry Lemonade

Preparation:

1. In a blender, blend together strawberries, lemonade concentrate and sugar until smooth.
2. For each drink, pour equal amounts of strawberry mixture and soda water into tall glass; stir and add ice.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients:

- 500 ml (2 cups) fresh local strawberries, hulled and quartered
- 125 ml (1/2 cup) frozen lemonade concentrate
- 50 ml (1/4 cup) granulated sugar
- 500 ml (2 cups) chilled soda water
- Ice cubes
- Whole strawberries, for garnish

YES, YOU CAN FIND LOVE ON A BOAT

Names:
Dino, 45, and Jennifer, 39

Hometown:
Burnaby, B.C.

Together since:
2007

Their story:

CONTRIBUTED

▶ Dino and Jennifer

My fantastic husband, Dino, and I (Jennifer) met on a blues cruise on a gorgeous, hot and sunny Canada Day in 2007.

It was a scenic four-hour boat tour around Vancouver's stunning False Creek and English Bay.

The day's entertainment featured a band I'd wanted to see called Brickhouse.

I was there with a girlfriend and while she was off mingling, I wandered up to the front of the boat to drink in the view.

There were so many people already lining the bow's edge that there wasn't room for me and I had to hang back.

All of a sudden a very handsome man with a great smile (Dino) turned around and said, 'Come on up!' and scooched over to make room for me.

Sparks flew that night, and just over a year and a half later, on my birthday, he proposed!

We had a wonderful wedding day in June 2010 and are enjoying every adventure that comes our way.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

HANGING OUT WITH YOUR OWN CREW IS STILL OK

SMUG MARRIEDS

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

I can't stand my hubby's friends and he can't stand mine. What should we do? Ditch them?

Angela says ...

Every relationship is different and comes with its own set of dynamics.

I think it's perfectly healthy for each partner to have their own group of friends, whose company they enjoy separately.

Hopefully you also have some mutual friends.

If not, get out there and make some.

Derek says...

To Angela's point, hanging out separately with friends is totally healthy — so long as you don't start ragging on your partner after she or he has been out with them.

That will lead you down the path to problems.

Besides, if you're going to start knocking on someone, better to do it together.

It's more fun that way.

Does cheating need to be physical? No, say Americans

Jon Austin's wife, Amy, had a blunt assessment for her husband as the Minneapolis couple watched Rep. Anthony Weiner's stunning confessions on television last week.

"You'd be dead," she told him.

Regardless of his professional future, it's Weiner's predicament at home that seems to be launching countless discussions among couples like the Austins. And this time, it's not a question of actual physical cheating — a la Eliot Spitzer and his prostitution scandal — but the murkier backdrop of Internet relationships: sexting, tweeting lewd photos, emailing.

If it's virtual, does it constitute infidelity? Many Americans seem to think it does.

"Would you text it, post it, send it with your spouse looking over your shoulder?" asks Austin, 52, who works in corporate public relations and takes no issue with his wife's frank appraisal of the situation. "If yes, then it's not infidelity. If no, you're cheating."

INSIDE EDITION/THE ASSOCIATED PRESS

▶ Lisa Weiss recently admitted to sexting with Congressman Anthony Weiner.

15% In a May 2010 survey from the Pew Internet and American Life Project, 15 per cent of adults said they had received "a sexually suggestive nude or nearly nude photo or video" on their cellphone.

In online postings and follow-up phone calls with The Associated Press, dozens of people echoed the same thought: Cheating need not be physical.

"I think the emotional betrayal is just as bad," says Marissa Bholan, a 22-year-old graduate student in Syracuse, N.Y.

"A married person should not be flirting online — or in any manner, really. It demonstrates a clear unfaithfulness. You're married. Act like it." **THE ASSOCIATED PRESS**

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lavalifevoice.com

BE A FOOD SCROOGE

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Two weeks ago I met the brains behind a novel and frugal online grocery business, Tim Ray of Foodscrooge.com.

Inspired by websites such as Groupon.com, this dynamic 30-year-old entrepreneur developed the foodscrooge.com concept while completing his Queen's MBA entrepreneurship course.

The business was formally launched in March 2011 and thus far, it's a hit!

The big idea behind foodscrooge.com is to sell large quantities of discounted premium quality foods, such as T-bone steaks or tortellini, directly to the consumer from the manufacturer.

Many products are organic and produced locally. The discounts are offered because of the manufacturer has either overstocked inventory or wants to promote a particular product.

Foodscrooge.com subscribers get a notification of a weekly sale item by email. They buy the product online at a 40 to 80 per cent discount to retail price and then pick it up from a local grocery retail location that foodscrooge.com has partnered with. The consumer saves big bucks simply by storing their bulk purchases in a freezer.

If you're into bulk buying or are hosting a barbecue this summer, check out foodscrooge.com.

Give Dad a memorable day

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

What a difference a generation makes. Back when my kids were small, Father's Day was under or overdone pancakes, handmade cards, a walk in the park and an extra glass of wine at dinner.

Now, we're talking barbecues, iPads, golf clubs and other products that put a serious dent in your wallet. With personal, non-mortgage debt per capita hitting an all-time high of $26,000, it's time for one word. Don't.

How much sense does it make to take on debt for a gift that says I love you, to the father or man in your life? None at all.

On the other hand, traditional cheaper gifts aren't necessarily appreciated. According to a recent TD Credit Cards survey, 65 per cent of dads are unimpressed with yet another tie on Father's Day.

Joining the list of Dad's day clichés (read, please don't buy one for me) are coffee mugs and DIY tools. A tool can be cool but if Dad is struggling to keep up around the house he might not want a reminder that there's more to be done.

So what's a daughter, son or wife to do? My vote goes to a picnic complete with a fun activity such as catch, Frisbee, a putting contest, an old-fashioned game of horseshoes or a bike ride.

Roast a chicken or fish fillets the night before, add a potato or pasta and green salad, throw in a fresh baguette with a soft, extra creamy cheese, grab some sinful cookies at a local bakery or make a batch of brownies — and you're done!

That's it! No shopping. No mall. No pressure. And we do feel pressure over Father's Day. The TD survey discovered that nearly 40 per cent of Canadian sons, daughters and wives are stressed over finding an appropriate and affordable gift. So give yourself a break and the man in your life a memorable (and inexpensive) day.

Get creative

Make this Father's Day one to remember.

- Give him a unique experience.
- Take him to a place he's never been.
- Offer him a taste he's never tried.

ISTOCK

▶ Alison's Money Rule: A fabulous Father's Day starts, not with your wallet, but in the kitchen and the great outdoors.

POPQUIZ
What should you do with your tax return money?
A: Hurray! Time for a shopping road trip to the US!
B: Save some, invest some, pay off debts and then reward yourself!
FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
What to do with your tax refund.
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Road kill

ELSA/GETTY IMAGES

▶ Boston's Milan Lucic scores a goal against Vancouver goalie Roberto Luongo in the first period last night.

Bruins chase Luongo from the net with three early goals, send series back to Vancouver

The Boston Bruins put Roberto Luongo and the Stanley Cup back on the shelf.

After another home scoring spree against Vancouver's wildly inconsistent goalie last night, the Bruins are making one last trip west for the big finish to these dramatic Stanley Cup finals.

Brad Marchand, Milan Lucic and Andrew Ference scored in the first 8:35 to chase Luongo from his second straight game in Boston, and the Bruins emphatically evened the finals with a 5-2 victory in Game 6, sending the series to a decisive Game 7 in Vancouver tomorrow night.

BRUINS	CANUCKS
5	2

For the sixth time in the last 10 seasons, the final has been stretched to its limit. The home team hasn't lost in this series, with Vancouver winning three one-goal games and Boston posting three blowout victories.

Henrik Sedin scored his first point of the finals with a late power-play goal for the Canucks, who flopped in their attempt to win their franchise's first championship. Maxim Lapierre also scored in the third period for the Canucks, who will get one last try at a Rogers Arena filled with worried Vancouverites hoping their maddening team can come through.

Tim Thomas made 36 saves for the Bruins, giving up two third-period goals while burnishing his credentials for the Conn Smythe Trophy as Boston moved one win away from its first championship since 1972. Thomas has given up just eight goals in six games in a virtuoso performance in the finals — but the spotlight in Game 6 was trained squarely on the other net.

After Luongo led Vancouver to the brink of a title with a stellar performance in a 1-0 victory Friday, the Canucks hoped to celebrate in Boston. The Bruins cancelled that Garden party with yet another stunning barrage of goals against Luongo, who was ventilated for 15 goals in just over 4½ periods in Boston.

Boston even set a cup-final record with four goals in 4:14 while chasing Luongo and welcoming his backup, Cory Schneider, with a goal from Michael Ryder. Mark Recchi had two assists during the flurry.

Boston has lost its last five trips to the finals, never even reaching a seventh game — but the Bruins can hang another banner in the Garden rafters with one road win.

And the Bruins have ample experience in Game 7. They've already played two in these playoffs, beating Montreal in the first round and Tampa Bay in the Eastern Conference finals — but both of those games were at home, where Boston finished the post-season with 10 wins in its last 11 games. THE ASSOCIATED PRESS

4 sports

Quoted

"It would be different because you don't know (any) of those teams over there in the American League. It's a whole different brand of baseball and it would be a totally different atmosphere."

HOUSTON CENTRE-FIELDER MICHAEL BOURN, ON A PLAN THAT COULD SEE THE ASTROS MOVED TO THE AMERICAN LEAGUE. UNDER THE POSSIBLE PLAN, THE LEAGUES WOULD NOT BE SPLIT INTO DIVISIONS. THE TOP THREE TEAMS WOULD MAKE THE PLAYOFFS. THE FOURTH- AND FIFTH-PLACE CLUBS WOULD BE WILD CARDS AND PLAY FOR ONE SPOT.

WILFREDO LEE/THE ASSOCIATED PRESS

▶ Miami's LeBron James, left, looks at Dwyane Wade during a news conference after Game 6 of the NBA finals.

King James still without NBA crown

LeBron's most scrutinized season ends with puzzlingly lacklustre finals

There were seven seconds left in the NBA season and the Dallas Mavericks were beginning their championship celebration when LeBron James started slowly walking toward Dwyane Wade, his right hand outstretched.

A quick embrace, and with that, the off-season began.

For the Miami Heat, it's time to regroup.

Changing locales did not bring change to the ultimate outcome for James, whose eighth NBA season and first in Miami ended the same as his seven in Cleveland — without a championship. He took a swipe at those who criticized him and the Heat, saying the quality of their lives will not improve because he failed to win a title.

"There's no distractions that can stop me from trying to chase an NBA championship," James said Sunday night, after Game 6.

The Heat had the home-court edge, were perceived as favourites and came into the finals flying high after needing only 11 games to get past Boston and Chicago.

Then ... thud.

A Game 1 win was followed by a Game 2 collapse, and the series was never the same as Dallas won four of the final five contests.

Dallas rejoices

The Mavericks returned home yesterday, cheered by hundreds of fans celebrating the team's NBA title at Love Field airport in Dallas.

- The championship, the first in the team's 31-year history, is a breakthrough.
- The franchise was once one of the worst in the NBA and, even after owner Mark Cuban's infusion of cash, had a reputation of failing to win big games.

"There's no hiding," said Chris Bosh, who doubled over crying in the bowels of American Airlines Arena after Game 6. "In the NBA you play a series, best of seven games, usually the better team is going to win.

"So we've got a lot of work to do. We have to go back to the drawing board. It hurts to come this far and come up short."

THE ASSOCIATED PRESS

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NHL

MacLean to coach Sens, sources say

PAUL SANCYA/THE ASSOCIATED PRESS

▶ Paul MacLean

Detroit Red Wings assistant Paul MacLean has been hired as the new coach of the Ottawa Senators.

Two people familiar with the decision confirmed the move yesterday, speaking with The Associated Press on condition of anonymity because it had not been formally announced by the Senators. The hire was first reported by ESPN.com.

The Senators fired head coach Cory Clouston and two assistants in April after the team failed to qualify for the playoffs for the second time in three seasons.

MacLean has spent the past five years as an assistant in Detroit, helping the team win the championship in 2008. He and Wings coach Mike Babcock also worked together for two years in Anaheim, taking the Ducks to the Stanley Cup final.

MacLean spent 11 seasons in the NHL, playing in 719 games for Winnipeg, Detroit and St. Louis from 1980-91. He finished with 324 goals and 349 assists.

Prior to joining the Anaheim coaching staff in 2002, the Antigonish, N.S., native was head coach of the Quad City Mallards of the United Hockey League. He also spent time coaching minor-league teams in Kansas City and Peoria, Ill., and has been assistant coach with the Phoenix Coyotes and a scout for the St. Louis Blues.

In Ottawa, MacLean will be working for general manager Bryan Murray, his old boss in Anaheim. Murray, who recently received a three-year contract extension, has fired three coaches since he left the job himself to become GM after the Senators reached the final in 2007. THE ASSOCIATED PRESS

NBA enters off-season of uncertainty

As Dirk Nowitzki and Dwyane Wade traded big shots in a thrilling NBA finals, with fans tuning in at levels the league hadn't seen since the days of the Kobe-Shaq Lakers, the questions came more frequently.

How can commissioner David Stern tell all those viewers to go watch something else?

How can they shut it down now?

"It's an odd position, when the game is the best it's ever been, when the ratings are the highest they've ever been, when the excitement is the greatest it's ever (been)," players association lawyer Jeffrey Kessler said last week. "It's sort of odd to see the owners say we're going to destroy this game unless you change this whole system. Players just want to play."

When the Dallas Mavericks finished off the Miami Heat Sunday, it sent the NBA into a most uncertain off-season.

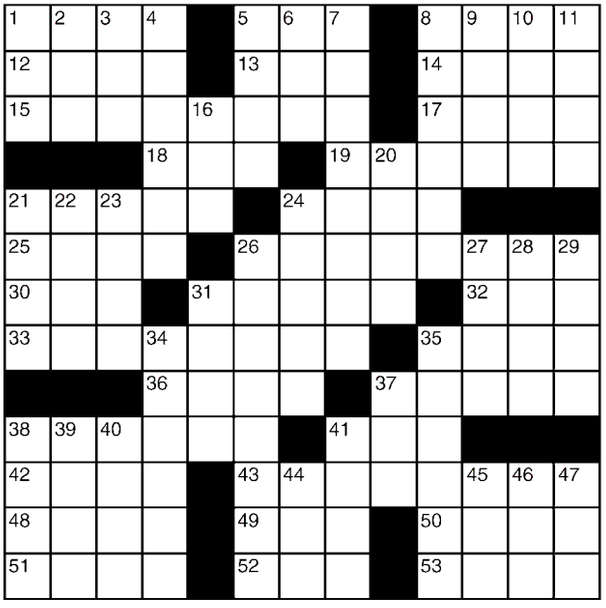
Owners and players are nowhere close on a new collective bargaining agreement to replace the one that expires June 30. Without a new deal, players say they have been told by the owners they will be locked out.

The NBA was reduced to a 50-game season by a work stoppage in 1998-99, and the loss of games is a threat now. Citing league-wide losses of about $300 million US this season, the league hasn't budged on its desire for significant changes to the financial structure, ranging from reductions in the length of contracts and the amount of guarantees, to an overhaul of the salary cap system that would prevent teams from being able to exceed it, as they can now under certain exceptions.

The championship clincher was the highest-rated Game 6 ever on ABC, in large part because of the Heat, whose star power created a must-see team.

The re-emergence of teams like the Chicago Bulls and, to a lesser extent, the New York Knicks over the last season has also piqued interest in some of the NBA's traditionally strong markets. THE ASSOCIATED PRESS

Crossword



Across

1 Hinged fastener
5 Snapshot
8 Culprit, for short
12 — vera
13 Cheery remark?
14 Smell
15 "Bravo!"
17 "Scrabble" piece
18 Solemn promise
19 With precision
21 Parsley serving
24 Competes
25 Slapstick missiles
26 Hotel employees
30 Eisenhower
31 Gets dirty
32 Actor Kilmer
33 Poe's "The — Heart"
35 Humdinger
36 Helps
37 Greedy kid's shout
38 Old scrolls, often
41 Household member
42 Hodgepodge
43 Jailhouse roomie
48 Carte
49 Before
50 "Exodus" author
51 Nuisance
52 — Khan
53 Transmitted

Down

1 "Hee —"
2 Hearty brew
3 Scale member
4 A real hip place?
5 Ship's front
6 Author Fleming
7 Pile-face fabric
8 Soap ingredient
9 Tend texts
10 Hot dog holder
11 Quarry
16 41-Across, often
20 Slithery fish
21 Skewer
22 Toll road, for short
23 Stagger
24 Wedding cover-ups
26 Ancient British queen
27 Egg
28 Coconut tree
29 Pivot
31 Mix
34 Arrangement
35 Acidity detector
37 Solidify
38 "— and Circumstance"
39 Sheltered
40 Bowling targets
41 Entreaty
44 Work unit
45 Exist
46 Can makeup
47 Superlative suffix

▶ Monday's answer

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Baby to Trevor
Happy 1 year anniversary love. I look forward to many more! I love you xoxo
FROM YOUR LITTLE TINY BABY GIRL

JL
If I was a graham cracker and you were a marshmallow, would you stick by me?? Teehee; friends always <3
FROM JL

BBBBimbo
Don't hold your breath u big nosed dummy! He will never leave me he loves me & I love him we are ONE DEAL with the truth silly desperate woman!!!!!!!!!!!!!!!!!!!!!!!!
FROM MRS. M

A look at the weather

BT BREAKFAST TELEVISION

TODAY	WEDNESDAY	THURSDAY
Min 16° Max 22°	Min 14° Max 25°	Min 13° Max 24°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be in the thick of the action today.
♉ Taurus April 21-May 21 If you make changes today it's unlikely you will be able to change back again later.
♊ Gemini May 22-June 21 The approaching eclipse suggests you will be tempted to take on someone who is, to be frank, out of your league.
♋ Cancer June 22-July 22 Steer clear of anything that might depress you today — and steer clear of people who seem to think failure is something to be accepted.
♌ Leo July 23-Aug.23 If someone challenges you today you must stand up for yourself.
♍ Virgo Aug. 24- Sept. 22 If you find yourself up against forces that are difficult to cope with then it might be wise to back off.
♎ Libra Sept. 23-Oct. 23 This should be a fun day for you, but you might not get much work finished.
♏ Scorpio Oct. 24-Nov. 22 You have never been one to let others take advantage of you but that does not mean they won't try.
♐ Sagittarius Nov. 23-Dec. 21 If someone stands in your way today you must shove them aside.
♑ Capricorn Dec. 22-Jan. 20 Don't change your routines or your methods simply to fit in.
♒ Aquarius Jan. 21-Feb. 18 You may fall out with a partner or loved one over the next days.
♓ Pisces Feb. 19-March 20. Compromise solutions may be hard to come by.

SALLY BROMPTON

Caption contest

LEE JIN-MAN/THE ASSOCIATED PRESS

GUS RUELAS/THE ASSOCIATED PRESS

WIN! **You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Poll: Did you watch the Grammys?
Arcade Fire wins album of the year Grammy
'Spider-Man' on Broadway has a horrid week
Betty Garrett, actress in film, TV, Broadway, dies
'King's Speech' big winner at British film awards
Sandler, Aniston barely Bieber at box office
List of Grammy winners in select categories
Latest News
Kia's Sportage SUV shows some muscle
US aid winging French to flood-ravaged Pakistan
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